

## CTS "Time-Crunched Cyclist" Cyclocross Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest Day	60-90 minutes EM with 3x8min SS, 4 minutes RBI	Rest Day	60-90 minutes EM with 3x8min SS, 4 minutes RBI	Rest Day	Group Ride or 90-120 minutes EM	90-120 minutes EM in hilly terrain
Week 2	Rest Day	60-90 minutes EM with 3x9min ThresholdLadder (1,3,5) w/ 5min RBI	Rest Day	75-90 minutes EM with 3x10min SS, 5 minutes RBI	Rest Day	30-45 minutes Cyclocross Practice plus Group Ride or 90-120 minutes EM	90-120 minutes EM or Group Ride
Week 3	Rest Day	60-90 minutes EM with 3x9min ThresholdLadder (1,3,5), 5 min RBI	Rest Day	60-90 minutes EM with 3x9min ThresholdLadder (1,3,5), 5min RBI	Rest Day	90 minutes EM with 3x12min SS, 5min RBI	30-45 minutes Cyclocross Practice plus Group Ride or 90-120 minutes EM
Week 4	Rest Day	Rest Day or 30 minutes easy cross skills practice.	Rest Day	60-90 minutes EM with 8x2min PI, 2min RBI	Rest Day	Cyclocross Race or 30-45 minutes Cyclocross Practice 60-90 minutes EM with 8x2min PI, 2min RBI	120-150 minutes EM OR Group Ride
Week 5	Rest Day	60-90 minutes EM with 8x2min PI, 2min RBI	60-90 minutes EM with 15x1min PI, 1min RBI	Rest Day	Rest Day	Cyclocross Race or 30-45 minutes Cyclocross Practice plus 90 minutes EM with 3x12min OU (1U, 10), 6 minutes RBI	90-150 minutes EM or Group Ride
Week 6	Rest Day	60-90 minutes EM with 5x2min PI with 2min RBI; 8min RBS 5x1min PI on cross bike with Runup, 1min RBI	60-90 minutes EM with 15x1min PI on road or cross bike, no Runup, 1min RBI	Rest Day	Rest Day	Cyclocross Race or 30-45 minutes Cyclocross Practice plus 90-120 minutes EM with 3x12min ThresholdLadders (2,4,6) 6 minutes RBI	90-120 minutes EM or Group Ride
Week 7	Rest Day	Rest Day or 30 minutes easy cross skills practice.	Rest Day	60-90 minutes EM with 5x2min PI with 2min RBI; 8min RBS 5x1min PI on cross bike with Runup, 1min RBI	Rest Day	Cyclocross Race or 30-45 minutes Cyclocross Practice plus 90-120 minutes EM with 3x12min ThresholdLadders (2,4,6) 6 minutes RBI	120-150 minutes EM or Group Ride
Week 8	Rest Day	60-90 minutes EM with 10x1min PI on cross bike, with, 1min RBI	Rest Day	60-90 minutes EM with 5x1min PI, 1min RBI, 8min Rest then 3x6min OU (1U, 10), 3min RBI		Cyclocross Race	120-150 minutes EM with 3x12min OU (1U, 10), 6 minutes RBI